

## Frequently Ask Questions

### HumanaVitality and Xbox Kinect

**Q. What fitness video games can I play to earn Vitality Points?**

A. You can earn Vitality Points by playing Your Shape Fitness Evolved and Your Shape Fitness Evolved 2012.

**Q. Do I need to have an Xbox Live Connection to earn Vitality Points?**

A. Yes, you must set up an Xbox Live membership through the Xbox 360 console.

**Q. How do I create a Uplay account with either a “Your Shape Fitness Evolved” or “Your Shape Fitness Evolve 2012” on my Xbox 360 console?**

A. Creating a Uplay account is dependent upon which version of the YourShape game you start with.

If you start with the Your Shape Fitness Evolved on the Xbox 360 console, simply:

1. Sign into the game with your profile that is connected to your Xbox LIVE Account
2. From the Activity Selection page, hold your left arm at 45 degrees to the side of your body until the screen changes to see more options.
3. Select “Uplay” from the scrolling list of options
4. Follow the prompts on the screen to create a new Uplay account
5. Go to YourShapeCenter.com website on your computer and log in with your Uplay account

If you start with the Your Shape Fitness Evolved 2012 on the Xbox 360 console, simply:

1. Sign into the game with your profile that is connected to your Xbox LIVE Account
2. Select “Start Session”
3. Press X on the controller to go to the Uplay section and register for a new Uplay account
4. Go to YourShapeCenter.com website on your computer and log in with your Uplay account

**Q. How do I earn Vitality Points after playing “Your Shape Fitness Evolved” or “Your Shape Fitness Evolved 2012” from my Xbox Kinect?**

A. Once you have set up an Xbox Live membership, you need to make sure you connect your Uplay account with your HumanaFit account that is connected to your HumanaVitality account on the YourShapeCenter.com website.

If you have a HumanaFit account, you simply log in to YourShapeCenter.com, click on the Humana logo and provide your HumanaFit Username and Password to connect your Uplay account with your HumanaFit account.

If you need a HumanaFit account that is connected to your HumanaVitality account, simply:

1. Log in to [www.Humana.com](http://www.Humana.com)
2. Find HumanaVitality and click **View My Dashboard**
3. Find the Get Healthy tab
4. Click on Fitness & Exercise
5. Click on Fitness Devices
6. Go to the ‘Connect Your Account’ section of this page
7. Under ‘New User? Create an Account’
  - Create a Username

- Provide your Email
  - Create a Password
  - Click **Register**
8. Return to YourShapeCenter.com, click on the Humana logo, click on “Log in with HumanaFit” and provide your new HumanaVitality-connected HumanaFit Username and Password to connect your accounts.

**Q: How do I unlink my Uplay and HumanaFit accounts?**

A: Log on to YourShapeCenter.com, click on the Humana banner, and then click on “Unlink My HumanaFit Account”.

**Q: How do I know that my calories burned are accurately reflected on the “Your Shape Fitness Evolved” or “Your Shape Fitness Evolved 2012”?**

A: In order for the calories to be accurately reflected on the Your Shape Fitness Evolved or Your Shape Fitness Evolved 2012, you must enter in your personal information. Your personal information can be used to adjust exercise objectives toward achieving your specific goal requirements.

- For Your Shape Fitness Evolved, you must enter in your age and weight under the edit profile section.
- For Your Shape Fitness Evolved 2012, you must enter your weight, height, age and gender under the Edit Profile tab located under the “My Zone” category.

**Q. Can anyone in my family earn Vitality Points for playing the fitness video games "Your Shape Fitness Evolved" or "Your Shape Fitness Evolved 2012"?**

A. Vitality Points can be earned by family members who are 18 years and older; however, the YourShape fitness video games can be played by both adults and kids.

**Q. Are other fitness video games compatible, like Wii?**

A. Currently only Your Shape Fitness Evolved and Your Shape Fitness Evolved 2012 for the Xbox Kinect qualify as a verified workout.

**Q: Can multiple players earn Vitality Points in a single YourShape fitness video game workout?**

A: In order to earn Vitality Points, you must choose a single player option before starting a workout. (Note that there are 2-4 player options for some of the workouts within the game; however, those multiple player modalities won't record the calories burned for each of the players.).